



# Breakfast Menu

Goedemorgen Bore da  
早安 Ohayo gozaimasu  
Buon giorno Bonjour  
Guten Morgen  
Aloha awakea Jó reggelt  
Dobroye utro GóJan daginn  
Zao chen hao Bon dia  
Good Morning!



Have a great day!

# Breakfast

Our word for the first meal of the day, "breakfast," has almost religious overtones, as if the hours in which we sleep are a purposeful abstention from sustenance. We get this word from the English -- just as we get from them many of our breakfast habits and dishes. The English have unusually elaborate ideas of what constitutes an appropriate culinary opener to the day.

Almost uniformly in other countries, the word for breakfast is not so portentous. In some languages, it barely rates meal status. The German frühstück is, literally, an "early bite." In France and Italy, petit déjeuner and prima colazione are both just a bridge to the midday meal -- a "little" or a "first" lunch. The Dutch ontbijt can mean either breakfast or a snack. And often, the idea is reduced down to its bare minimum -- coffee -- as in the Portuguese cafe da manhã, or "morning coffee." In the end, whether it is a large or a small meal, one thing is expected from breakfast: it should get you going. This is usually done by combining a rousing stimulant with strengthening substance, in varying proportions that are largely cultural. In France, for example, the coffee is the main thing. In Asian countries most people eat the same sorts of foods for breakfast that they would eat for any other meal. And in America, a great deal of work has gone into searching for just exactly the right foods for the morning hours, quite apart from any other time of day.

# Breakfast Menu

## Cooked Breakfast

Fried Egg, Boiled Egg, Scrambled Egg  
Bacon,  
Sausage,  
Baked Beans,  
Grilled Tomatoes,  
Mushrooms  
Vegan or Vegetarian Sausage  
(Please request night before)

**or**

Kipper

## Beverages

Breakfast Tea, Speciality Teas  
Filter Coffee, Decaffeinated Coffee  
Decaffeinated Tea

## Fruit Juices

Apple, Pink Grapefruit  
Orange, Pineapple, Cranberry

## Cereals

Cornflakes, Alpen - Fruit and Fibre  
Special K, Weetabix - Crunchy Nut

## Fruits

Grapefruit, Pineapple, Prunes  
Figs, Pears, Mandarines, Peach  
Fresh Fruits in Season

## Dry Fruits

Cranberry, Apricots,  
Banana Chips, Raisins

## Dairy

Fresh Milk - Soya Milk - Oat Milk  
Almond Milk, - Plain and Fruit  
Yoghurts

## Breads / Pastries

Brown/White Bread /Toast  
French Baguette, Croissant  
Gluton free Bread (Please request)

## Conserves

Marmite, Jams, Honey  
Marmalade, Chocolate Spread

## Delicatessen

Ham / Mature Cheddar - Emmental  
cheese / Salami  
Olives / Sweet Herrings  
Smoked Salmon

## Porridge

Is available by request  
It is freshly made.

